

## North West XC – Race 3 – Otterspool Park - 4 December 2016 – 4.75M

### Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	77	Ian Russell	Penny Lane Striders	O50M
2	Karl Steinegger	Spectrum Striders	U30M	78	Sean Britton	Mersey Tri	U40M
3	Jon-Jo Doherty	St Helens Striders	U40M	79	Colin Dobbs	Penny Lane Striders	O40M
4	Chris Pownell	Knowsley Harriers	U30M	80	Daniel Chadwick	Spectrum Striders	O40M
5	Mark Clair	Knowsley Harriers	U40M	81	David Daly	Kirkby Milers	U40M
6	Stephen Watkin	Penny Lane Striders	U40M	82	Joseph Chedgzoy	Kirkby Milers	U30M
7	James Toohey	Liverpool RC	U30M	83	Thomas Rimmer	Penny Lane Striders	U40M
8	Jonathan Smith	Lymm Runners	U30M	84	Tony Jackson	Newburgh Nomads	O55M
9	Lawrence Eccles	Penny Lane Striders	U40M	85	Mark O'Callaghan	Kirkby Milers	U40M
10	Mark Heavey	Warrington RR	O45M	86	John Hillman	Newburgh Nomads	O45M
11	Chris Collins	Delamere Spartans	U30M	87	Daniel Green	Warrington RR	O40M
12	Andrew Shelbourne	Widnes RC	U30M	88	Gary Wilton	Kirkby Milers	U40M
13	Colin Bishop	Helsby	O55M	89	Neil Barber	Kirkby Milers	U40M
14	Tom Greaves	Warrington RR	U30M	90	Kevin Outten	St Helens Striders	O40M
15	Mark Howard	Mersey Tri	O40M	91	Gareth Boyd	Helsby	O40M
16	Jack Atkins	Liverpool RC	U30M	92	Simone Capponi	Penny Lane Striders	O40M
17	Jamie Rutherford	Liverpool RC	U30M	93	Paul Wilson	Liverpool RC	O45M
18	Robert Owens	Knowsley Harriers	U40M	94	Jim Savage	Kirkby Milers	O40M
19	Tom Evans	Penny Lane Striders	U40M	95	Andy Gaskell	Spectrum Striders	O45M
20	Alan Smithson	Mersey Tri	U40M	96	Darren O'Connor	Helsby	U40M
21	Sam Evans	Penny Lane Striders	U40M	97	Stephen Mcnicholas	Penny Lane Striders	O50M
22	Chris Millington	Spectrum Striders	O45M	98	James Warburton	Kirkby Milers	U40M
23	Daniel Peers	Spectrum Striders	U30M	99	Lewis Houghton	Kirkby Milers	U20M
24	Paul Hughes	Penny Lane Striders	U30M	100	David Ralphs	Newburgh Nomads	O55M
25	Steve Thompson	Warrington RR	U40M	101	Paul Roberts	Widnes RC	U40M
26	Patrick Boyle	Liverpool RC	O40M	102	James Daly	Liverpool RC	U30M
27	Karl Budworth	Widnes RC	O40M	103	John Jensen	Penny Lane Striders	U40M
28	Will Kozer	Widnes RC	U40M	104	Daniel McKeivitt	Kirkby Milers	U40M
29	Ian Magill	Liverpool RC	O45M	105	Kevin Enright	Liverpool RC	U40M
30	Alexander Lewis	Warrington RC	U30M	106	Jim Dawson	Lymm Runners	O50M
31	Robbie Campbell	Widnes RC	O45M	107	Tim Grace	Mersey Tri	O45M
32	Alex Mason	Delamere Spartans	O40M	108	Julian Spencer	Spectrum Striders	O55M
33	Marty Christian	Kirkby Milers	O45M	109	Graham Cushion	Liverpool RC	O40M
34	Matthew Robinson	Newburgh Nomads	U40M	110	Nick Wishart	Delamere Spartans	O50M
35	Phil Riding	Penny Lane Striders	O40M	111	Steve Martin	Spectrum Striders	O55M
36	Rob McBain	Northwich RC	U40M	112	David Wooster	Warrington RC	O40M
37	Jack Antrobus	Spectrum Striders	U40M	113	Nigel Foo	Penny Lane Striders	O45M
38	David Lawton	Liverpool RC	U40M	114	Dominic Roberts	Pensby Runners	U40M
39	Alex Rigby	Liverpool RC	U30M	115	Ian Rivers	Kirkby Milers	O45M
40	Matt Ashford	Lymm Runners	O40M	116	Graham Stewart	Liverpool RC	O50M
41	Stephen Harrison	Village Runners	O40M	117	Ste Maguire	Penny Lane Striders	O40M
42	Anthony Lawlor	Knowsley Harriers	O50M	118	Lee Southern	Northwich RC	U40M
43	Stuart Berry	Lymm Runners	U30M	119	Mark Atherton	Widnes RC	U40M
44	Jay Clarke	Penny Lane Striders	U40M	120	Carl Yu	Liverpool RC	O40M
45	Kyle Harrison	Liverpool RC	U30M	121	Andrew Glen	Knowsley Harriers	O50M
46	David Edwards	Kirkby Milers	O50M	122	George Pierce	Liverpool RC	O45M
47	Jonathan Toft	Penny Lane Striders	U30M	123	Jefferson Gard	Penny Lane Striders	O45M
48	Steve Nijs	Liverpool RC	U40M	124	Nigel Taylor	Warrington RC	U40M
49	David Knowles	Liverpool RC	O60M	125	Paul Corless	Warrington RC	U40M
50	Graham Douglas	Penny Lane Striders	U40M	126	Stephen Riley	Helsby	O50M
51	Owen Barden	Mersey Tri	O40M	127	Paul Dowdle	St Helens Striders	O45M
52	Alex Cowin	Penny Lane Striders	U40M	128	Paul Cope	Kirkby Milers	U40M
53	Steven Kelly	Liverpool RC	U40M	129	Jim Maxfield	Newburgh Nomads	O60M
54	Phil Johnson	Mersey Tri	U40M	130	Kenny Forster	Spectrum Striders	O55M
55	Perry Moore	Warrington RR	O40M	131	Ian McNeill	Birkenhead	O55M
56	Chris Usher	Newburgh Nomads	O40M	132	Mike Devereux	Penny Lane Striders	O60M
57	Craig Hoy	Liverpool RC	U30M	133	Richard Shayle	Pensby Runners	O45M
58	Rob Garth	Penny Lane Striders	U30M	134	Tommy Burke	Penny Lane Striders	O60M
59	Rob Fletcher	Mersey Tri	O40M	135	William Merritt	Knowsley Harriers	O50M
60	Kye Byrne	Warrington RC	U40M	136	Ian Scouler	Northwich RC	O50M
61	Andrew Keeley	Penny Lane Striders	O50M	137	Tim Holloway	Delamere Spartans	O50M
62	Matthew Mclay	Penny Lane Striders	U40M	138	Stuart Atherton	Knowsley Harriers	U40M
63	Kevin Walker	Skem BH	O40M	139	Ian Wright	St Helens Striders	O45M
64	Gary English	Liverpool RC	O50M	140	Michael O'rourke	Penny Lane Striders	U40M
65	Andy Dowdeswell	Widnes RC	U40M	141	Wally Coppelov	Newburgh Nomads	O55M
66	Ralph Pawling	Pensby Runners	U40M	142	Lewis Johnston	Warrington RR	U30M
67	Alistair Malpas	Pensby Runners	U40M	143	Paul Turner	Delamere Spartans	O40M
68	Kenneth Day	Kirkby Milers	U40M	144	Alex Abbott	St Helens Striders	U30M
69	Stuart Atkinson	Delamere Spartans	O40M	145	Les Abbott	St Helens Striders	O55M
70	Mark Jacques	Liverpool RC	O45M	146	Paul Cheetham	Skem BH	O45M
71	Carl Murphy	Liverpool RC	U40M	147	Tony Holmes	Liverpool RC	O55M
72	Chris Ryan	Mersey Tri	U40M	148	Tony Peacock	Penny Lane Striders	O60M
73	Mark Riley	St Helens Striders	U40M	149	Rob McHarry	Spectrum Striders	O50M
74	Marc Goudie	Penny Lane Striders	U40M	150	Pete Merville	St Helens Striders	O55M
75	Chris Murray	Helsby	U30M	151	John Whitehead	Helsby	U40M
76	Richard Thorpe	Penny Lane Striders	U40M	152	Roger Seddon	Warrington RC	O50M

153	Tony Man	Penny Lane Striders	O45M	175	Jose Perez	Lymm Runners	O45M
154	Alan Wilcox	Northwich RC	O50M	176	Andy Dalton	Skem BH	O50M
155	Mark Hamill	Lymm Runners	O50M	177	Joe Mcglynn	Penny Lane Striders	O55M
156	James Roberts	Penny Lane Striders	U40M	178	Simon Jardine	Warrington RC	U40M
157	Ian Seabury	Warrington RR	O40M	179	Rob Lloyd	Widnes RC	O45M
158	Malcom Fraser	Delamere Spartans	U40M	180	Martin Bazley	Widnes RC	U40M
159	Alan Lowry	Kirkby Milers	O50M	181	Ray Chung	Liverpool RC	O50M
160	Shaun Mcgrath	Penny Lane Striders	U30M	182	Neil Booth	Warrington RC	U40M
161	Fred Duenbier	Newburgh Nomads	O60M	183	Dave Thompson	Spectrum Striders	O60M
162	Mark Glaister	Skem BH	O50M	184	Mal Taylor	Penny Lane Striders	O40M
163	John-Paul Dale	Widnes RC	U40M	185	Mike Welsby	Penny Lane Striders	O50M
164	Gary Jones	Kirkby Milers	O40M	186	Christopher Sullivan	Kirkby Milers	O40M
165	Kieron Carr	Knowsley Harriers	O45M	187	Kevin Harrison	Kirkby Milers	U40M
166	Mark Lancaster	Mersey Tri	O45M	188	Janos Geering	Northwich RC	O40M
167	Paul Foster	Helsby	O40M	189	Jon Moorhouse	Delamere Spartans	O45M
168	Mark Scott	Liverpool RC	O50M	190	Mike Tarpey	Liverpool RC	O45M
169	Stephen Saunders	Pensby Runners	O50M	191	Steve Stamper	Northwich RC	O55M
170	John Millington	Warrington RC	O40M	192	Michael Sharkey	Penny Lane Striders	O60M
171	Phil Jolley	Warrington RC	O45M	193	Eamonn Brady	Penny Lane Striders	O45M
172	Gary Smallman	Kirkby Milers	O40M	194	Stephen Cullington	Kirkby Milers	O60M
173	Stuart Greenhall	Northwich RC	O55M	195	Kit Whitfield	Spectrum Striders	O50M
174	David Hughes	Penny Lane Striders	O50M				

## Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	49	Gill Collen	Warrington RR	O50F
2	Hazel MacCormick	Penny Lane Striders	U40F	50	Jade Booth	St Helens Striders	U30F
3	Melissa Ronan	Liverpool RC	U30F	51	Janet Walker	Skem BH	O40F
4	Alex O'Brien	Liverpool RC	U40F	52	Melanie Bradley	Northwich RC	O40F
5	Siobahn Woods	Liverpool RC	U30F	53	Sarah-Jane Carroll	Kirkby Milers	U40F
6	Lauren Wilson	Penny Lane Striders	U30F	54	Vicky Jones	Kirkby Milers	O40F
7	Kate Macfarlane	Penny Lane Striders	U30F	55	Lily Moorhouse	Mersey Tri	U20F
8	Bobbie Lomax	Warrington RC	O40F	56	Leah Binns	Delamere Spartans	U30F
9	Honor Thompson	Skem BH	U40F	57	Rebecca Skade	Delamere Spartans	U35F
10	Marina Maxwell	Widnes RC	O40F	58	Emma Williams	Kirkby Milers	U30F
11	Liz Whitfield	Spectrum Striders	U40F	59	Nicola Hayes	Skem BH	U40F
12	Maria Cook	Parbold Pink Panthers	O40F	60	Jo Sullivan	Spectrum Striders	O40F
13	Becky Wadeson	Parbold Pink Panthers	U40F	61	Amanda Holman	Kirkby Milers	O40F
14	Kelly-Marie Hamilton	St Helens Striders	U35F	62	Jane Woodburn	Skem BH	O40F
15	Caroline Barrow	Widnes RC	O40F	63	Sarah McGarr	Delamere Spartans	O40F
16	Emma Callery	St Helens Striders	U30F	64	Rachel Tickle	St Helens Striders	U35F
17	Lynsey Unsworth	Liverpool RC	U35F	65	Louise Plevin	Warrington RC	U35F
18	Beata Suthard	Northwich RC	U40F	66	Joanne Cook	Pensby Runners	U35F
19	Louise Warn	Penny Lane Striders	U30F	67	Joanne Clarke	Warrington RC	O40F
20	Lucy Partridge	Pensby Runners	U40F	68	Claire Meadows	Penny Lane Striders	O40F
21	Sharon Samson	Penny Lane Striders	U40F	69	Helen Livesley	Kirkby Milers	O40F
22	Kayleigh Ralphs	Newburgh Nomads	U35F	70	Clare Lowery	Warrington RC	O50F
23	Charlotte Rawcliffe	Penny Lane Striders	U40F	71	Yasmin Hussain	Lymm Runners	O40F
24	Sharon James	Liverpool RC	O40F	72	Christine Carter	Kirkby Milers	U40F
25	Jane Lowe	Spectrum Striders	O40F	73	Sue Collier	Newburgh Nomads	O40F
26	Bridget Glaister	Parbold Pink Panthers	O40F	74	Carolyn Smith	Lymm Runners	O50F
27	Lisa Mercer	Liverpool RC	U35F	75	Shirley Chung	Liverpool RC	U40F
28	Shona Moore	Mersey Tri	U30F	76	Alison Lysons	Warrington RR	O50F
29	Charlotte Sanderson-Rigby	Penny Lane Striders	U30F	77	Jessica Messenger	Northwich RC	U40F
30	Sarah Richards	Penny Lane Striders	U40F	78	Sandra Bentley	Widnes Wasps	O40F
31	Louise Casey	Warrington RC	U40F	79	Helen Kelsall	Kirkby Milers	U40F
32	Karon Forster	Spectrum Striders	O50F	80	Emmie Lou Buckley	Widnes Wasps	U35F
33	Alexandra Royden	Pensby Runners	U30F	81	Hayley McGugan	Widnes Wasps	U40F
34	Jennifer O'Sullivan	Kirkby Milers	U30F	82	Lindsay Plumb	Warrington RC	U35F
35	Jennifer Houghton	Kirkby Milers	U35F	83	Rachel Cartwright	Warrington RC	U40F
36	Helen Caldwell	Spectrum Striders	O40F	84	Tracey Carr	Knowsley Harriers	O50F
37	Suzanne Fletcher	Helsby	U40F	85	Hannah Moorhouse	Delamere Spartans	O40F
38	Rachel Arnold	Helsby	O50F	86	Sarah Jones	Northwich RC	O40F
39	Linda Statham	Warrington RR	O40F	87	Stephanie Douglas	Delamere Spartans	O40F
40	Helen MacVicker	Delamere Spartans	O40F	88	Leanne Rimmer	Liverpool RC	U40F
41	Dawn Fairclough	Liverpool RC	U40F	89	Katy O'Connor	Lymm Runners	O50F
42	Anna Watkin	Penny Lane Striders	U35F	90	Sandra Lewis	Warrington RC	O50F
43	Helen Osborne	Penny Lane Striders	U30F	91	Rebecca Davies	Pensby Runners	U30F
44	Claire Wright	Liverpool RC	O40F	92	Marie Ann Winders	Newburgh Nomads	O40F
45	Emma Nunnerley	Lymm Runners	O40F	93	Sarah Seddon	Warrington RC	O50F
46	Louise Waywell	Pensby Runners	O50F	94	Steph Charman	Spectrum Striders	O60F
47	Katherine Taggart	St Helens Striders	U40F	95	Amanda Williams	Northwich RC	O40F
48	Carole Morrison	Pensby Runners	O50F				

## Team Results

### Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	80	22
2	Liverpool RC 'A'	133	21
3	Lymm & Warrington RR 'A'	140	20
4	Spectrum Striders 'A'	259	19
5	Widnes RC 'A'	264	18
6	Mersey Tri 'A'	271	17
7	Knowsley Harriers 'A'	325	16
8	Kirkby Milers 'A'	395	15
9	Newburgh Nomads 'A'	489	14
10	Delamere Spartans 'A'	502	13
11	Helsby 'A'	552	12
12	St Helens Striders 'A'	576	11
13	Warrington RC 'A'	603	10
14	Birkenhead & Pensby 'A'	680	9
15	Northwich RC 'A'	805	8
16	Skem & Parbold 'A'	957 (Only 4 Ran)	7
17	Village Runners 'A'	1066 (Only 1 Ran)	6
18=	Ellesmere Port RC 'A'	No Team	-
18=	Chester Tri 'A'	No Team	-
18=	Activewomenrunning 'A'	No Team	-
18=	Widnes Wasps 'A'	No Team	-
18=	Weaver Warriors 'A'	No Team	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	12	22
2	Penny Lane Striders 'A'	15	21
3	Skem & Parbold 'A'	34	20
4	Spectrum Striders 'A'	68	19
5	St Helens Striders 'A'	77	18
6	Birkenhead & Pensby 'A'	99	17
7	Warrington RC 'A'	104	16
8	Kirkby Milers 'A'	122	15
9	Lymm & Warrington RR 'A'	133	14
10	Northwich RC 'A'	147	13
11	Delamere Spartans 'A'	153	12
12	Newburgh Nomads 'A'	187	11
13	Widnes Wasps 'A'	239	10
14	Widnes RC 'A'	130 (Only 2 Ran)	9
15	Helsby 'A'	180 (Only 2 Ran)	8
16	Mersey Tri 'A'	188 (Only 2 Ran)	7
17	Ellesmere Port RC 'A'	211 (Only 1 Ran)	6
18	Knowsley Harriers 'A'	294 (Only 1 Ran)	5
19=	Activewomenrunning 'A'	No Team	-
19=	Chester Tri 'A'	No Team	-
19=	Village Runners 'A'	No Team	-
19=	Weaver Warriors 'A'	No Team	-

## CURRENT POSITIONS

### Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	22	22	22	66
2	Liverpool RC 'A'	21	21	21	63
3	Spectrum Striders 'A'	20	20	19	59
4	Lymm & Warrington RR 'A'	19	17	20	56
5	Mersey Tri 'A'	16	18	17	51
6	Knowsley Harriers 'A'	18	15	16	49
7	Helsby 'A'	17	19	12	48
8	Kirkby Milers 'A'	15	16	15	46
9	Delamere Spartans 'A'	14	14	13	41
10	Widnes RC 'A'	10	9	18	37
11	St Helens Striders 'A'	13	12	11	36
12	Newburgh Nomads 'A'	7	11	14	32
13=	Birkenhead & Pensby 'A'	9	13	9	31
13=	Warrington RC 'A'	11	10	10	31
15	Northwich RC 'A'	8	7	8	23
16	Skem & Parbold 'A'	6	8	7	21
17	Chester Tri 'A'	12	6	NT	18
18	Village Runners 'A'	5	5	6	16
19	Ellesmere Port RC 'A'	4	4	NT	8
20=	Activewomenrunning 'A'	NT	NT	NT	0
20=	Widnes Wasps 'A'	NT	NT	NT	0
20=	Weaver Warriors 'A'	NT	NT	NT	0

### Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	21	22	21	64
2	Liverpool RC 'A'	22	18	22	62
3	Skem & Parbold 'A'	20	21	20	61
4	Spectrum Striders 'A'	19	20	19	58
5	St Helens Striders 'A'	18	13	18	49
6	Birkenhead & Pensby 'A'	13	17	17	47
7	Helsby 'A'	16	19	8	43
8	Delamere Spartans 'A'	17	10	12	39
9	Lymm & Warrington RR 'A'	9	14	14	37
10=	Ellesmere Port RC 'A'	14	16	6	36
10=	Warrington RC 'A'	11	9	16	36
12	Kirkby Milers 'A'	12	8	15	35
13	Village Runners 'A'	16	15	NT	31
14	Widnes RC 'A'	8	12	9	29
15	Northwich RC 'A'	7	7	13	27
16	Knowsley Harriers 'A'	10	11	5	26
17	Newburgh Nomads 'A'	6	6	11	23
18	Widnes Wasps 'A'	5	3	10	18
19	Mersey Tri 'A'	3	4	7	14
20	Chester Tri 'A'	4	5	NT	9
21=	Activewomenrunning 'A'	NT	NT	NT	0
21=	Weaver Warriors 'A'	NT	NT	NT	0